



**BREAK THE CYCLE**

### *Self Confidence*

When we witness ourselves succeed, no matter how small, our confidence takes an upward turn for the better. This empowers us to incrementally set our sights higher and enable us to handle even loftier goals and objectives. Confidence increases and belief builds.

Evaluation • The key question is who would we be and what could we achieve if we believed in ourselves and intentionally developed our self confidence?

Awareness • Start the class with five minutes of mindfulness. Teacher may use an app such as smiling mind or headspace • Ask the students what are you thankful for? Write down 4 things they are thankful for. Each time they do so in future weeks they must pick things they have not already mentioned previously.

Intervention • Give students the handout on building self confidence. Read it through. Point out the idea of gradual steps. Nobody lands on top of the mountain, Progress in life is rarely a graceful leap from height to height. • Ask students to write down on the sheet a goal or event that they have coming up that they want to go well. • Get them to write down the little things they will have to do, to get over the line with the goal or make the event a success.

Reflection • Ask students what would the benefits to them be of having more self confidence. Try for five. • Invite students to move around the

room and give one of their answers to another student, get an answer and go to another student. ( Give, get , go). • After an allotted time ( Perhaps the length of a song) invite feedback from students on what answers they have come up with. • Ask do we need confiding ourselves to live a successful life? • What is their definition of success? • Is there a difference between self confidence and arrogance? • Ask students to bring in a picture of a person they respect for their self confidence and whom they consider to have lived a successful life.

## **Building self confidence Student Handout**

Belief is where it all begins. A belief is a thought that you have decided is true. Our beliefs can limit or liberate us. Propel us forward towards fulfilling our potential or prevent us being the best version of ourselves. Belief in yourself costs nothing and everyone can afford it. Henry Ford of the famous automobile dynasty once said that if you believe you can, you are right. And if you believe you can't, you are also right!

Developing self confidence is a gradual process that is built upon slowly. When we succeed at something no matter how small, our confidence grows and we can set our aims and goals higher. The 'baby steps' strategy may seem obvious, but take a moment to dwell on what we sometimes do instead. We try to do too much and then get disheartened. We bite off more than we can chew. The secret to climbing a mountain is not focussing on the top, but

rather on the very next step, and then the next one after that. Moving from base camp to base camp. The secret to getting ahead is simply to start.

Stack the odds and move the dial in your favour by choosing bite sized goals that are specific and that are achievable. Committing to walking three times a week for half an hour versus a general aim of getting fit by the summer. Go granular with your goals, celebrate small steps in the right direction and watch your self confidence and belief in yourself soar. Seek frequent feedback on your progress because measuring our forward momentum is motivating, and helps guide us in the right direction. Back yourself - after all you are a unique, once in a life time, never to be repeated, amazing person. Commit to being the very best version of you that you can be. You owe it to yourself.